

Ressources pour apprendre et m'inspirer

Livres, articles :

Motivating minds _ People procrastinate when asked to think in the abstract from The Economist, January 22 2009

La procrastination

https://www.aide.ulaval.ca/cms/site/aide/Accueil/Apprentissage_et_Reussite/Difficultes/Procrastination

Dossier procrastination

<http://reine-organisation.fr/wp-content/uploads/2012/02/ro-procrastination.pdf>

Surmonter la procrastination scolaire

https://www.aide.ulaval.ca/files/content/sites/aide/files/files/reussite/Guide_Procrastination.pdf

La gestion du temps

https://www.aide.ulaval.ca/cms/site/aide/lang/fr/Accueil/Apprentissage_et_Reussite/Strategies/Gestion_du_temps

La baisse de motivation

https://www.aide.ulaval.ca/cms/site/aide/lang/fr/Accueil/Apprentissage_et_Reussite/Difficultes/Motivation

Gauthier, L. & Poulin, N. (1987). *Savoir apprendre (2e édition)*. Les éditions de l'Université de Sherbrooke.

bibliothèque de la fac de lettres

la bibliothèque américaine

Ressources en ligne sur ent :

http://bnaic2013.tudelft.nl/proceedings/papers/paper_50.pdf

<http://www.diva-portal.org/smash/get/diva2:545203/FULLTEXT01.pdf>

<http://128.118.178.162/eps/mic/papers/0012/0012002.pdf>

<http://aclweb.org/anthology/Y/Y07/Y07-1017.pdf>

<http://ethos.bl.uk/OrderDetails.do?did=5&uin=uk.bl.ethos.570679#sthash.5qRdJJlQ.dpuf>

Sites :

• DeviantART

<http://www.deviantart.com>

• Youtube

<http://www.youtube.com/watch?v=D6SA3m7eOzM>

<http://www.youtube.com/nachocheesetv>

<http://www.youtube.com/watch?v=Qvcx7Y4caQE>

<http://www.youtube.com/watch?v=OnFVFfAlmEg>

http://www.youtube.com/watch?v=VUk6LXRZMMk&feature=player_embedded#t=82

• Facebook

<https://www.facebook.com/Base45>

• Dailymotion

http://www.dailymotion.com/video/x6v8h8_procrastination_creation

• Language realm – free translation resources

<http://www.languagerealm.com/english/maineng.php>

• The Pomodoro Technique

<http://pomodorotechnique.com/the-pomodoro-technique-3rd-edition/>

<http://www.tuaw.com/2009/11/28/the-pomodoro-technique-or-how-a-tomato-made-me-more-productive/>

• The Wall Street Journal

<http://online.wsj.com/article/SB10001424052702303722604579115000980153372.html>

<http://online.wsj.com/article/SB10001424052748704538404574541590534797908.html>

• Wellcast

<http://www.watchwellcast.com/>

~~————~~ **Expositions :**

Contacts :

~~Aller me renseigner sur les cours de *** le mardi soir à la MJC ***.~~